

La gestion du stress au quotidien – Page 1

[http://www3.csmb.qc.ca/ecoles/Portals/14/Microsoft%20Word%20-%20Gestion%20du%20stress%20au%20quotidien\\_VG.pdf](http://www3.csmb.qc.ca/ecoles/Portals/14/Microsoft%20Word%20-%20Gestion%20du%20stress%20au%20quotidien_VG.pdf)

I. Key Word Recognition:

*Find in the article the French word that best expresses the meaning of the following English words.*

*Qu'est-ce que le stress?*

- a. following \_\_\_\_\_
- b. caused \_\_\_\_\_
- c. triggered \_\_\_\_\_
- d. occurs \_\_\_\_\_

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*Des exemples au quotidien*

- e. worries \_\_\_\_\_
- f. dinner \_\_\_\_\_
- g. a level \_\_\_\_\_
- h. witness \_\_\_\_\_
- i. substitute \_\_\_\_\_
- j. congratulated \_\_\_\_\_

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*Saviez-vous que...*

- k. aims \_\_\_\_\_
- l. as well as \_\_\_\_\_
- m. aches and pains \_\_\_\_\_
- n. laughter \_\_\_\_\_
- o. tool \_\_\_\_\_

## II. Main Idea:

*Using information from the article, describe in English the main purpose of this article.*

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## III. Supporting details:

- *Circle the letter of each of the following details in the article that **are included** in the text.*
- *Write the French sentence in the article in the space provided below.*

A. Stress and its side affects are not a typical part of everyday life.

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B. Stress can also be the result of a happy experience.

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C. Small changes to one's everyday life can also cause stress.

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D. Having a fight with one's boyfriend/girlfriend is listed as a stressor for an adult.

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E. Getting a bad grade in school is listed as a stressor for an adolescent.

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F. Receiving praise in front of other students is listed as a stressor for an adolescent.

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G. Stress is a biological mechanism meant to insure survival.

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IV. Inferences: *“Read between the lines” to answer the following questions, using information from the text. Your responses should be in English.*

1. Your friend has recently won a local science fair and will now move on to the regional level. Regionals are highly competitive and your friend is stressed that she will not perform well and earn recognition. She’s confided in you that her parents don’t understand why she is stressed since she is ‘just a teenager’ and doesn’t have the same pressures as them. Using information from the article, what advice would you give her about **her stress** and **her parents’ feelings**?

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2. A doctor is selling a series of DVDs with stress ‘eliminating’ techniques because he believes that everyone should get rid of **all** stress triggers in their life. Your cousin wants to purchase the series. Would you recommend he buy the series or not? Why?

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